

FY2015 CHNA&HIP Progress Report		
Clay County		
Community Health Improvement Plan		
GOAL	Strategies	Progress on Strategies
Reduce the rate of adult overweight and obese in Clay County from 66% to 63% in the next five years.	Our Focus will be school aged children and their families. Children that are overweight often become adults with a weight problem. This can lead to an increase in preventable chronic diseases such as heart disease, diabetes, arthritis, and high blood pressure. Clay County will be working on prevention and education to decrease our rate of obesity and subsequent health problems. The goal will be to educate families and children on health behaviors, healthy food choices, and fitness.	Strategies continue to be a true community-wide effort. The following are a few highlights of our collaboration in addressing obesity in Clay County:
		<p><b>BMI Measurements in Schools / Clay County Public Health:</b> Height/Weight measurements were collected for the second year in Clay County's K-6th grade. We hope to continue this each school year to measure progress and outcomes of our community interventions. All data has not been converted to BMIs as of this report. However, a community group consisting of Middle School staff, Dietician, Pediatric Nurse Practitioner, and Public Health collaborated on health programming to enhance a new course for 6th graders called "Fitness for Life". Speakers on various topics such as nutrition, stress, sleep, and creative ways to stay active were presented. Feedback was very positive. In addition, nursing students collected BPs, hts and wts on every 6th grader and presented an educational session to the entire 6th grade. Each student was sent a personal "results" booklet explaining their numbers along with ideas on healthy eating and staying active. We compared BMIs of this year's 6th grade to their BMIs as 5th graders. Cumulatively, 38% of them are overweight or obese this year, as compared to 33% last year. One change from 5th to 6th grade was the prevalence of gender specific obesity. 5th grade showed 18% boys, 16% girls. The same group as 6th graders showed 21% girls, 20 % boys. We hope to see these numbers begin to reverse as our community and school interventions continue to grow.</p>
		<p><b>Safe Routes To School:</b> The "Walk on Wednesdays" WOW project continued this year to include every Wednesday throughout the school year, except for the months of January, February and March. This walk-to-school initiative involves adult volunteers who accompany students from 3 "safe zones" in the vicinity of the elementary schools in Spencer. Adult volunteers represented 15 local businesses. There were 276 students who walked to school as part of this creative project aimed at getting more kids to walk to school.</p>

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		<b>Elementary Schools:</b> In addition to physical education classes and recess, the "Adventure to Fitness" interactive fitness program continued in classrooms of K-5 students to get kids up and moving throughout the day.
		<b>Head Start:</b> "Choose My Plate" education continued as part of the curriculum of their home visiting program, Early Head Start. Promotion of family meals was also part of this curriculum.
		<b>Clay County ISU Extension:</b> Several programs highlighting healthy behaviors and nutrition were offered for 4-H groups, as well as the general public. In addition, some "outdoor adventure" programs were given to encourage kids to get outside and enjoy active pastimes like canoeing and hiking
		<b>Spencer Hospital:</b> The "Work Well" program conducted wellness screenings at 11 various corporate locations in Clay County. There were 871 screenings completed for Metabolic Syndrome. In addition, monthly screenings were offered to the general public with a total of 92 participants. Educational follow up sessions were offered to assist individuals with interpretation of their results and to offer tools that will help them embrace a healthy lifestyle.
		<b>Live Healthy Iowa:</b> Many Clay County residents took part in the 10 Week Wellness Challenge Highlights included: <ul style="list-style-type: none"> <li>• 61 local teams</li> <li>• Spencer Hospital paid the enrollment fee for their employees. 150 participated.</li> <li>• Spencer Municipal Utilities won the Small Business Statewide Corporate Cup award.</li> <li>• Twenty challenging teams from Clay County participated in a Business to Business Challenge. The ten losing teams did a Polar Plunge for Special Olympics.</li> </ul>
		<b>Spencer Hospital Regional Breastfeeding Coalition:</b> This group works on activities that promote breastfeeding. The Coalition continued their successful project at the Clay County Fair that provided 3 baby friendly areas for mothers to breastfeed, and care for their babies while enjoying the fair. In addition, gift bags were assembled and given to breastfeeding mothers who delivered at Spencer Hospital in place of free formula .

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		<p><b>Blue Zones Project:</b> Even though the initial Blue Zones (BZ) project concluded in 2014, efforts have continued to keep our community focused of BZ principles. In addition to the many accomplishments reported last year, the following are noteworthy this year: A "Worksite Wellness" group meets monthly to share ideas, plan and implement programming for their employees. Walking Moais continue to be active; Expansion of community garden plots from 92 (previous year) to 120; Farmers Markets have grown from one to four in Spencer; Trail expansion that includes scenic wooded and river bend areas.</p>
		<p><b>Spencer Family YMCA:</b> The "Y" is committed to offering programs that encourage healthy living and strengthen the community. The following are just a few of the many successful programs that are ongoing at the Y: Healthy Cooking Classes, Healthy Kids Day, Middle School Strength and Conditioning, Swim Clinics and Lessons, Walking School Bus, Special Needs Kids Swim, Run/Walks (5/10K), Water Exercise Classes, Fitness Classes, Zumba, etc. This year additions were: Studio Dance Program with 125 participants, gymnastics, free swim lessons for all 1st and 2nd graders, and swim safe program for all elementary school 1st graders.</p>

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To reduce the number of adults and youth that abuse drugs and alcohol.	Clay County Public Health (CCPH) will work with Community Partners to develop programing to reduce substance abuse and binge drinking in Clay County.	CCPH supports and promotes programming through Compass Pointe Behavioral Health Services which provides the community with outpatient substance abuse treatment services. A few areas of improvement this past year were noted in the Iowa Youth Survey. A drastic reduction was seen in the number of 11th graders (the age with the most alcohol use) who are using alcohol or binge drinking. Examples include: Question pertaining to alcohol use: " <i>In the past 30 days, have you had at least one drink of alcohol (glass, bottle or can of beer, glass of wine, liquor, or mixed drink)?</i> " 2012--11th graders 28% (33%-Male and 23%-Female) answered yes 2014--11th graders 14% (8% - Male and 20%-Female) answered yes  Question pertaining to binge drinking--" <i>During the last 30 days, on how many days did you have 5 or more drinks of alcohol (glasses, bottles or cans of beer, glasses of wine, liquor, mixed drinks) in a row, that is within a couple of hours?</i> " 2012--11th graders 23% (27% --Male and 19%--Female) answered yes 2014--11th graders 5% (3%--Male and 8%-Female) answered yes.  In addition, CCPH has supported and promoted ongoing activities of Positively Spencer Youth (PSY). This community coalition's goal is to change the attitudes toward substance abuse through prevention, with a strong emphasis on information and environmental change.
		A task force comprised of Clay County Fair (CCF) manager, Public Health and Compass Pointe met to review progress made at last year's Clay County Fair. Successes included: <ul style="list-style-type: none"> <li>• No patron complaints of smoking on the grounds (first time since he has been manager)</li> <li>• "Smoke-Free" signage placed throughout the kids area of the carnival</li> <li>• "No Smoking" signage placed near free entertainment stages and outdoor bleachers</li> <li>• Designated area inside the Grandstand for smoking with signage</li> </ul> Future tasks to be implemented before 2015 CCF: <ul style="list-style-type: none"> <li>• Increase the amount and visibility of "No Smoking" signage throughout the grounds (building entrances, etc.)</li> <li>• e-Cigarette policy</li> <li>• Employee policy- no smoking on the grounds while working</li> </ul> CCPH has provided education and support to families in the Best Care for Better Babies Home Visitation Program regarding the harmful effects of second hand smoke on children. The nurses have provided resources, including Quitline Iowa, to assist parents in their goal of becoming smoke free.

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Our goal will be to improve our response effort with the increase in available risk communication tools in Clay County.	Clay County is going to improve our preparedness and response infrastructure with the PHEP/PHER grants.	The Clay County Healthcare Coalition continued to meet monthly. The advisory group represents the hospital, PH, EMA, EMS, and EH. This group continued to work on demonstration and evaluation of National Preparedness Capabilities. Gaps were identified and addressed in terms of equipment needs, policy revisions, and development of additional plans, as needed. Planning took place for a future exercise to test our public emergency warning capabilities (risk communication), medical surge, surveillance / epi investigation, and volunteer management. The Coalition identified the need for new telephones to be used when implementing an emergency call center. Setting up a call center, as needed in a public health emergency will assist us communicating with all county residents, including those with special needs. We also identified the need for signage for communicating vital messages in a public health event.
GOAL	Strategies	Progress on Strategies
Our goal will be to improve our response effort with the increase in available communication tools and equipment for special needs populations in Clay County.	Clay County is going to improve our preparedness and response infrastructure with the PHEP/PHER grants.	See Progress on above strategy.
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Though assessment our goal is to identify barriers for children to be able to safely walk/bike to school.	Clay County Public Health is going to identify these barriers through the IWALK grant program and in collaboration with the SAFE Routes to School Committee.	The IWALK grant is complete. However, the Safe Routes to School (SRTS) group continues to work on various projects with the city of Spencer and the Spencer School District. Funding was committed to SRTS by both the city and the school district to assist with future projects that impact safety of students walking and/or biking to school. A 5-year plan has been developed with priority goals identified. The top priority project, which will impact students crossing uncontrolled, busy areas of Grand Ave, will be implemented this coming year.